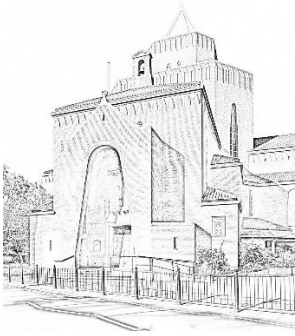


**THE CATHOLIC PARISHES OF
ST MARY & ST JOSEPH, POPLAR
AND
OUR LADY IMMACULATE &
ST FREDERICK, LIMEHOUSE**



Parish Priest: Fr Andrew Bowden

Parish Administrator: Alessandro Vaglio

Clergy House, 9 Pekin Street, London E14 6EZ

T: 020 7987 4523 E: Poplar@rcdow.org.uk | Limehouse@rcdow.org.uk

W: www.parish.rcdow.org.uk/poplar | www.parish.rcdow.org.uk/limehouse

NEWSLETTER for the First Sunday of Lent 2024

**Exposition of the Blessed
Sacrament:**

Saturday 10:30am - 11:30am
after mass at Poplar
First Fridays 6.00pm - 7.00pm
at Poplar

Baptisms

By appointment. Usually at
1pm on Saturdays. See the
newsletter for details of the
baptism preparation course.



*Temptation on the Mountain,
Duccio di Buoninsegna*

Confessions:

Saturday 10:30am - 11:15am
at Poplar

Saturday 5.15pm - 5.45pm
at Poplar

1st Fridays 6.00pm - 6.45pm
at Poplar
or by appointment

Marriages

Six months 'notice is
normally required.

Sat 17 th Feb	1 st Sunday of Lent	6.00pm	Poplar	Michael Hill RIP (anniv)
Sun 18 th Feb	1 st Sunday of Lent	10.00am 12noon	Poplar Limehouse	The People of the Parish Noemi Dasala RIP (anniv)
Mon 19 th Feb	Lenten Feria			No Mass
Tue 20 th Feb	Lenten Feria	10.00am 12.30pm	Poplar Canary Wharf*	Deacon Steve Pickard RIP Private Intention
Wed 21 st Feb	Lenten Feria	10.00am	Poplar	Linda Modest RIP (anniv)
Thu 22 nd Feb	The Chair of Peter	10.00am	Poplar	The Pope's intentions
Fri 23 rd Feb	Lenten Feria	10.00am	Poplar	Priest's Intention
Sat 24 th Feb	Lenten Feria	10.00am	Poplar	Peace in the world

* = In the multi-faith prayer room in the Churchill Place Shopping Centre opposite the post office.

PLEASE PRAY FOR

Mick Simmons, Margaret Kelly, Paudian Marimuthu and Marietta Ben who have died. Helen Simmons, whose husband Mick died last weekend after a long illness.

FIRST HOLY COMMUNION COURSE

The next meeting for children and parents is on Saturday 9th March at 4.30pm in the Guild Room.

CONFIRMATION COURSE

The next meeting for Confirmation Candidates is on Thursday 22nd Feb at 6.45pm in the Guild Room.

RCIA

The next meeting is on Monday 19th February at 7pm in the Guild Room.

REFRESHMENTS AFTER THE 10AM MASS AT POPLAR

Teas and Coffees will be served after the Sunday 10am Mass in the Guild Room at Poplar each week. Please do pop in if you can, this is a great opportunity to catch up and welcome new parishioners.

POLISH COMMUNITY GATHERING

On Saturday 9th March there will be a Polish Community gathering from 1pm to 4pm in the Guild Room.

DIOCESAN PILGRIMAGE TO LOURDES

19th – 26th July this year. If you are interested in joining a group from our two parishes on this pilgrimage then please give your name(s), email and phone number(s) and age(s) to the parish office.

WARM HUB

The Guild Room is open each week as a warm hub from 10.30am – 1pm.

HELP NEEDED AT CLERGY HOUSE

Please contact the parish office if you can take some items from the cellar to the tip.

CARDINAL'S LENTEN APPEAL

Please see the envelopes at the back of church to support the work of the Diocese.

THE SIGN OF PEACE

It can now safely be left to people to make their own decision about this. If you are happy with a handshake or even an embrace then go ahead but please also respect other people's choices.

STATIONS OF THE CROSS DURING LENT

At Limehouse at 6pm each Friday except First Fridays.

CAFOD FAMILY FAST DAY – FRIDAY 23RD FEB

There will be a soup supper in the Guild Room at 6pm, please come along and bring the money you have saved for CAFOD. There will also be a second collection next Sunday for CAFOD, please pick up an envelope this week.

PARISH SYNOD GATHERINGS

As explained last week, there will be a parish gathering in connection with the synod; at Poplar at 2pm on Sat 24th February in the Guild Room and at Limehouse at 2pm on Sat 2nd March in the Hall.

NEIGHBOURS IN POPLAR

The next visit to CALAIS will be on Thursday March 7th. Donations of toiletries, sore throat, headache and other medical aid items very welcome. See box on red table at back of Church.
There will be a NUMERACY ROADSHOW on Tuesday 20th Feb 1.30pm to 4pm in St. Matthias Community Centre with advice on budgeting etc. Free family afternoon. nip65@msn.com

RECENT FINANCIAL NEWS

POPLAR OFFERTORY LAST SUNDAY

Envelopes: £145.66	Loose: £392.83	Total: £538.49
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STANDING ORDERS

December: £543.34

January: £513.34

LIMEHOUSE OFFERTORY LAST SUNDAY

Envelopes: £55.00	Loose: £117.65	Total: £172.65
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STANDING ORDERS

December: £1'507.00

January: £1'507.00

Sincere thanks for your continued generosity!

FR ANDREW WRITES

Here we are already at the beginning of Lent. It really doesn't seem five minutes since Christmas but, as I write, the sun is shining and there is even a hint of spring in the air. And that is very appropriate because Lent and Spring have a lot in common. At least in the northern hemisphere, Lent and Spring always coincide and so the onset of Lent comes together with the lengthening of the days, that is where we get the English word Lent from (as in lengthen).

In our Gospel reading on Ash Wednesday Jesus warned us not to put on a gloomy look when we fast and we can take this as a more general instruction for Lent as a whole. There is a temptation to think of Lent as all about giving things up and making ourselves miserable. There is certainly a place for penance and for fasting in Lent but the point isn't to create a kind of endurance test where we see just how miserable we can make ourselves. Of course, the great risk with that is that we usually end up making everyone else miserable too.

If we think about Lent in terms of Spring, it can help to set us off on the right foot. In Spring, animals and plants come out of their dormant period or hibernation. And Lent too is a time for us to reawaken. Prayer helps us to wake up spiritually, fasting helps us to wake up to our need of God and other people's need of us and almsgiving helps us to wake up to the world around us.

The very fact that the weather is starting to get a little bit better (although in this country it is usually two steps forward, one step back) can help us to move about a bit more. It's easier to stop and chat to someone in the street, to call on a neighbour. In Lent especially we should seize this opportunity.

And the lengthening of the days should make us think of how God gives us this opportunity of Lent each year to re-assess our priorities, to change and to renew. It is as though the extra hours of daylight represent the extra chances that God is giving us. We should seize this extra time as a gift from God.

So let me highlight a few practical things that you can do. Next Friday is CAFOD Family Fast Day. A great opportunity to fast together and if you come along to the soup supper at 6pm then you are opening up to others as well. Why not think about maybe coming to mass during the week (Tues – Sat 10am at Poplar and Tues 12.30pm at Canary Wharf) or Stations of the Cross 6pm Fridays (except First Fridays) at Limehouse or Adoration at 6pm on the first Friday of the month at Poplar or each Saturday at Poplar after the 10am mass. All of these are ways to open our hearts to the new life of God's grace this Lent, ways to wake up and come back to life like the green shoots of Spring.

May God bless you all.

Fr Andrew

Items for the Newsletter should be given to Fr Andrew or Alessandro at the parish office by Wednesday evening for inclusion the following weekend.

MASS THIS SUNDAY - The 1st Sunday of Lent, Year B

First reading Genesis 9:8-15

God spoke to Noah and his sons, 'See, I establish my Covenant with you, and with your descendants after you; also with every living creature to be found with you, birds, cattle and every wild beast with you: everything that came out of the ark, everything that lives on the earth. I establish my Covenant with you: no thing of flesh shall be swept away again by the waters of the flood. There shall be no flood to destroy the earth again.'

God said, 'Here is the sign of the Covenant I make between myself and you and every living creature with you for all generations: I set my bow in the clouds and it shall be a sign of the Covenant between me and the earth. When I gather the clouds over the earth and the bow appears in the clouds, I will recall the Covenant between myself and you and every living creature of every kind. And so the waters shall never again become a flood to destroy all things of flesh.'

Response to the Psalm Your ways, Lord, are faithfulness and love
for those who keep your covenant.

Second reading 1 Peter 3:18-22

Christ himself, innocent though he was, had died once for sins, died for the guilty, to lead us to God. In the body he was put to death, in the spirit he was raised to life, and, in the spirit, he went to preach to the spirits in prison. Now it was long ago, when Noah was still building that ark which saved only a small group of eight people 'by water', and when God was still waiting patiently, that these spirits refused to believe. That water is a type of the baptism which saves you now, and which is not the washing off of physical dirt but a pledge made to God from a good conscience, through the resurrection of Jesus Christ, who has entered heaven and is at God's right hand, now that he has made the angels and Dominations and Powers his subjects.

Gospel Acclamation Mt4:4

Praise to you, O Christ, king of eternal glory!

Man does not live on bread alone, but on every word that comes from the mouth of God.

Praise to you, O Christ, king of eternal glory!

Gospel Mark 1:12-15

The Spirit drove Jesus out into the wilderness and he remained there for forty days, and was tempted by Satan. He was with the wild beasts, and the angels looked after him.

After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. 'The time has come' he said 'and the kingdom of God is close at hand. Repent, and believe the Good News.'

Hymns for Sunday 10am at Poplar		Hymns for Sunday 12noon at Limehouse	
Entrance	206 - Forty days and forty nights	Entrance	206 - Forty days and forty nights
Offertory	786 - Turn to me	Offertory	200 - Praise to you, O Christ
Communion	964 - Be not afraid	Communion	204 - Lord Jesus, think on me
Recessional	785 - Though the mountains may fall	Recessional	960 - Guide me O thou great redeemer

Next Sunday is the 2nd Sunday of Lent - Year B